



WUS AND HEALTH AWARENESS  
COMMITTEE



SHYAM LAL COLLEGE (EVENING)  
UNIVERSITY OF DELHI

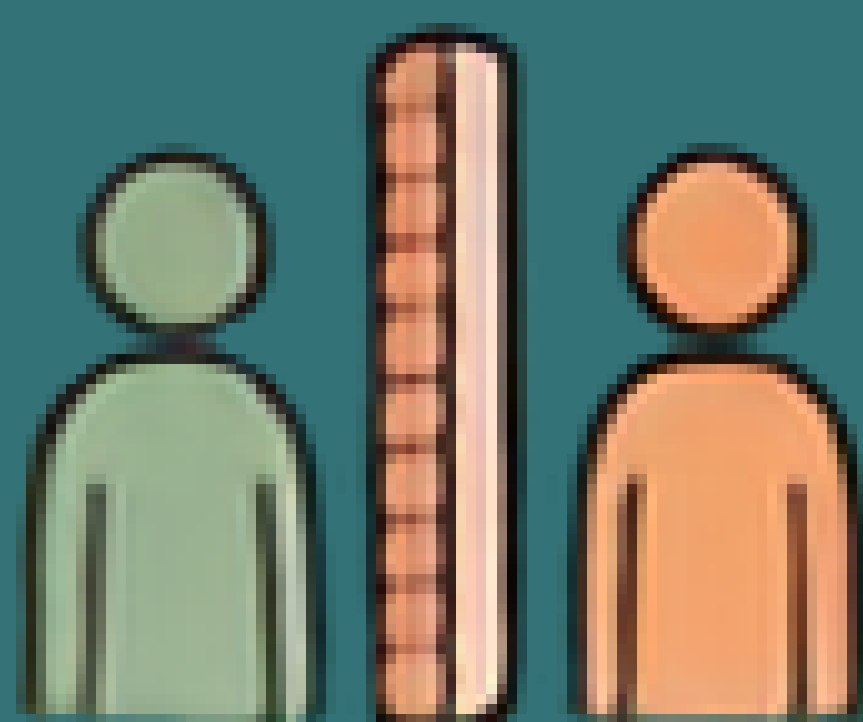


# FEELING OVERWHELMED?

YOU ARE NOT  
ALONE.



Feeling  
homesick  
?



Trouble making  
new friends or  
dealing with a  
roommate?



Overwhelmed  
by academic  
pressure?



*Moving to college brings massive changes—  
it's okay to feel this way.*



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# WHAT IS ADJUSTMENT DISORDER?



**It is more than just normal homesickness or exam stress.**



**It is a TEMPORARY CONDITION where the reaction to stress feels overwhelming and disrupts daily life.**



*It is temporary, real, and manageable.*



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# HOW DOES IT LOOK IN REAL LIFE?

## *Common Emotional Signs*



**Frequent crying  
or intense  
sadness**

**Constant worry  
and  
nervousness**



**Trouble sleeping /  
Insomnia**



*Symptoms look different for everyone.*



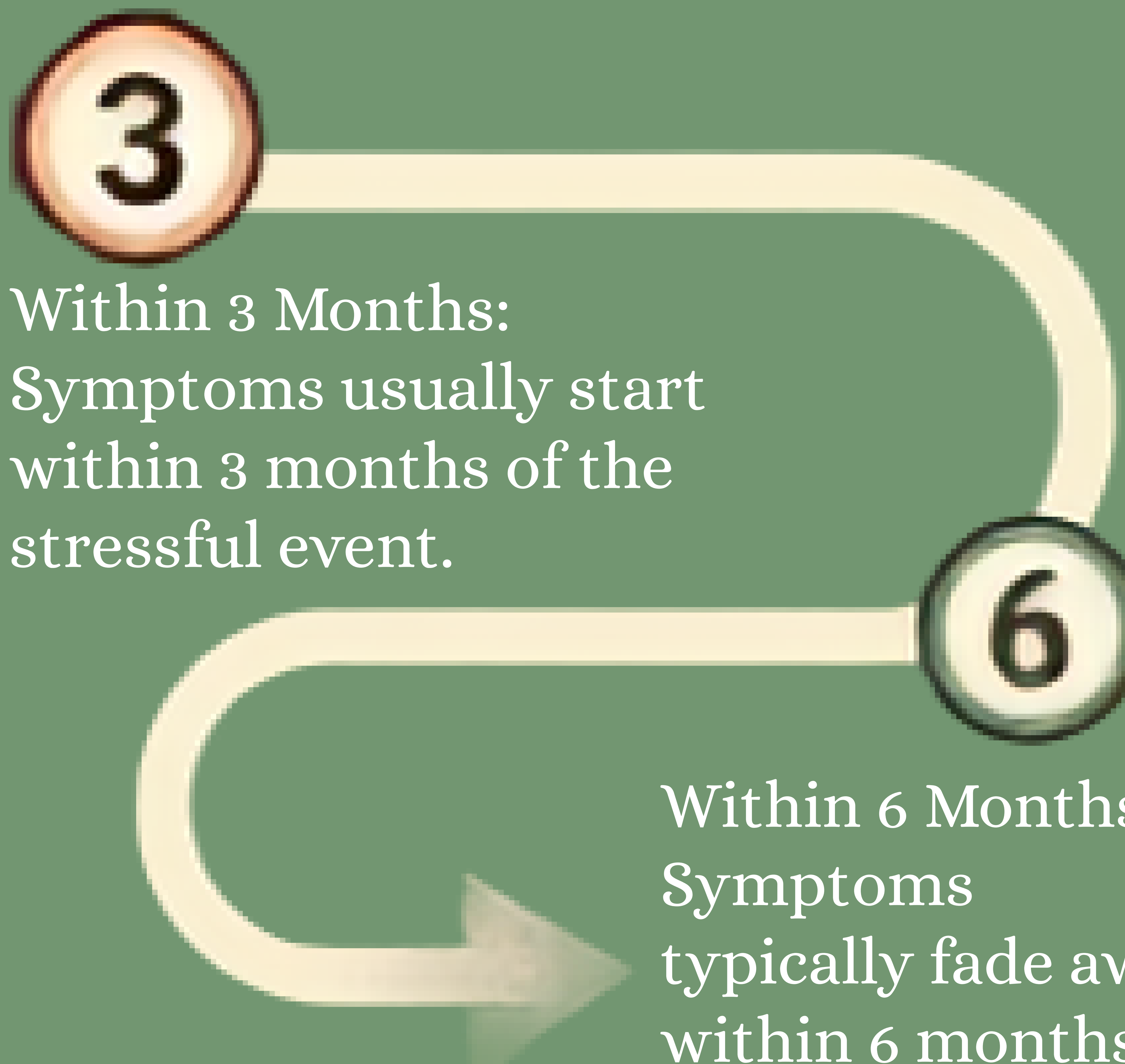
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# THE '3 & 6' RULE



Within 3 Months:  
Symptoms usually start  
within 3 months of the  
stressful event.

Within 6 Months:  
Symptoms  
typically fade away  
within 6 months as  
you  
learn to adapt.

Give yourself time to adjust.





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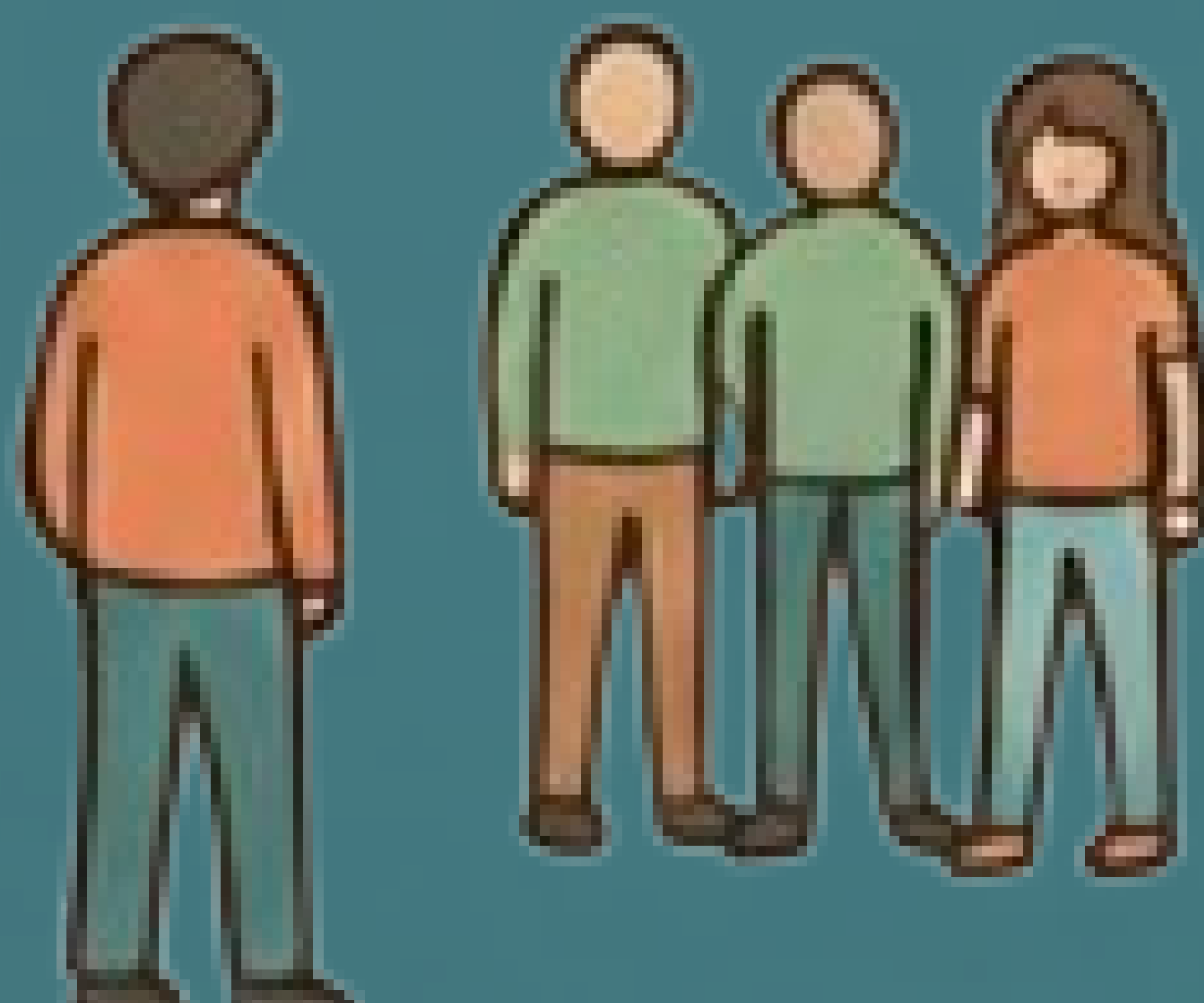
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# RECOGNIZE THE WARNING SIGNS

*Behavioral & Physical Indicators*

**Skipping  
classes  
regularly**



**Withdrawing  
from friends  
and social  
activities**



**Ongoing physical  
issues like  
headaches and  
stomachaches**



**LISTEN TO YOUR MIND AND BODY.**



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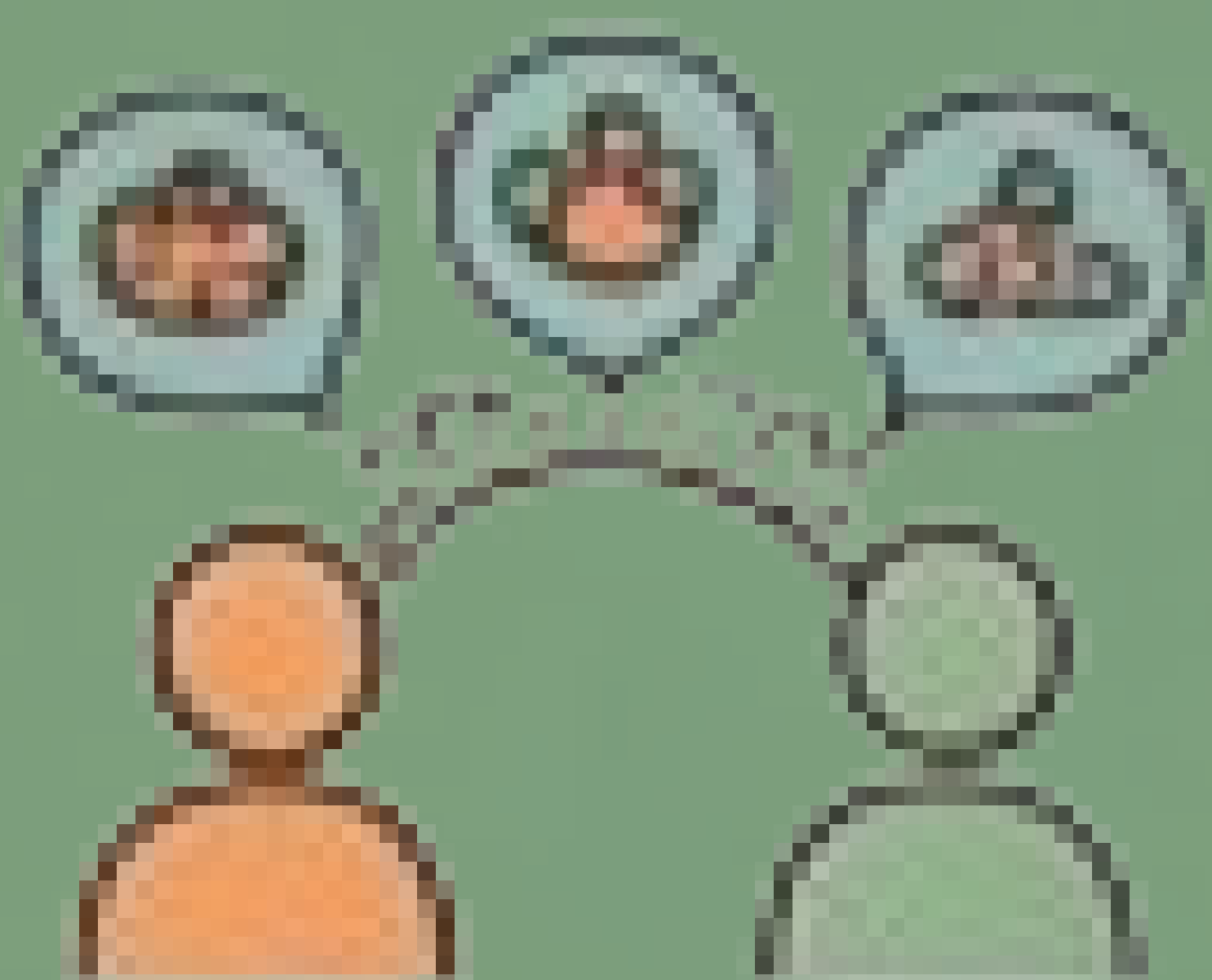
# HOW TO COPE & MOVE FORWARD



**TALK TO CAMPUS HEALTH:**  
Visit the free college health  
centre or talk to a campus  
doctor/consozuller.



**BUILD A DAILY ROUTINE:**  
Focus on regular, healthy  
simple meals, and  
achievable small goals.



**REACH OUT:**  
Connect with campus  
clubs, peer mentors, or  
trusted friends.



**ASKING FOR SUPPORT IS A SIGN OF  
STRENGTH!**



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# COLLEGE MEDICAL ROOM

## YOUR HEALTH, OUR PRIORITY



### PHYSICIAN AND MENTAL HEALTH COUNSELLOR

**Dr. Saru Sirohi**

Medical Officer, SLC (EVE) University of Delhi

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@wus\_slce



**MONDAY AND FRIDAY**



**3:00 PM – 5:00 PM**



**SHYAM LAL COLLEGE CAMPUS**



**COUNSELING  
& WELLNESS**



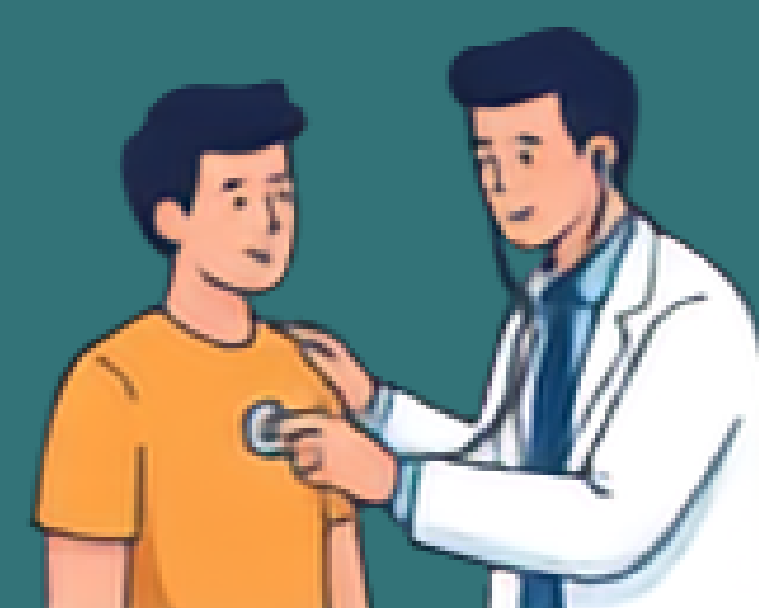
**MEDICINE  
DISPENSARY**



**FIRST AID &  
EMERGENCY  
CARE**



**ROUTINE  
HEALTH CHECK-  
UPS**



**PROF. NACHIKETA SINGH  
PRINCIPAL**

**REKHA KASHYAP  
CONVENOR**